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Nutritional Knowledge and Body Dissatisfaction in NCAA Division II College Athletes

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PURPOSE: To assess the nutritional knowledge of Division II athletes and evaluate the extent of their body dissatisfaction. **METHODS:** The Sports Nutritional Knowledge Survey and the Body Dissatisfaction Scale were placed on the secure web-based survey platform, Survey Monkey. Participants were sent the link to the survey via their school e-mail address and completed it at their leisure.

RESULTS: There was data representation across 18 of the 21 athletic teams, 7 male sports and 7 female sports. The total number of participants was 153, 67 male and 86 female. The majority of the participants answered 70% of the questions correctly, 93% had “Somewhat” confidence in their correct responses and 7% were “Not very” confident in their correct responses. The majority of participants answered 30% of the questions incorrectly, 16% were either “Not Very”, “Somewhat”, or “Very” confident that they answered their incorrect responses correctly; while 50% were “Not at all” confident in their incorrect responses. Body dissatisfaction was expressed in both males and females. The majority of males desired body types 4 through 6 and the majority of females desired body types 3 through 5. **CONCLUSION:** The majority of the athletic population is somewhat confident in their nutritional knowledge and has some element of body dissatisfaction.